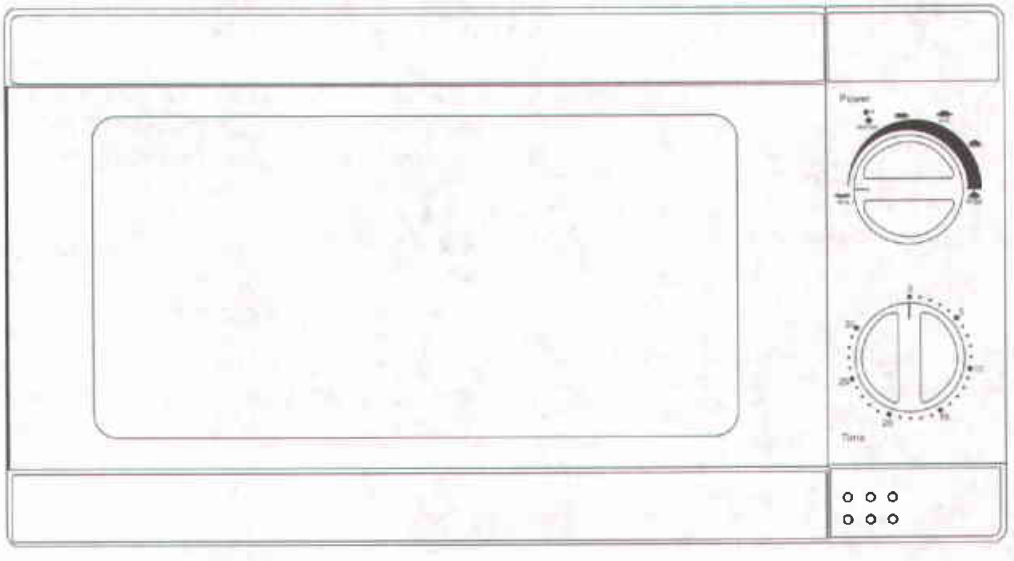
# MMS07

# Microwave Oven

# User Guide



TESCO

# Safety Guide

## CAUTION

**RISK OF ELECTRIC SHOCK DO NOT DISMANTLE**

**Please follow all the precautions listed below for safety and to reduce the risk of injury or electrical shock.**

- Read all the instructions and retain them.
- Before use check that the voltage stated on the rating plate on the rear of your microwave oven corresponds to your mains voltage.
- The mains socket must be well earthed. Do not plug the oven into a mains adaptor into which other units are connected.
- **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.
- **WARNING:** It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy;
- Do not use the microwave oven with a damaged cord or plug or after the appliance has malfunctioned or is damaged. Seek expert assistance.
- Do not touch hot surfaces. Use handles or knobs only. Allow the appliance to cool before cleaning.
- **WARNING:** Do not operate the microwave oven empty. This could cause damage to the oven.
- Do not immerse the body of the microwave oven or the electrical cord or plug in water or liquids.
- Do not place the microwave oven on or near a hot gas or electric burner.
- Use the appliance on a stable heat-resistant surface.
- Never leave the microwave oven unattended when it is operational.
- Make sure that the power cable does not touch any hot surface or overhang a table edge.
- Do not use the microwave oven outdoors.
- Unplug the oven when not in use and before cleaning.
- Do not obstruct the ventilation slots or place objects on top of the oven.
- Do not use attachments or accessories not recommended by the manufacturer.

**UK**

- **This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliances by a person responsible for their safety.**
- **Children should be supervised to ensure that they do not play with the appliance.**
- **WARNING:** Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
- Heat-insulation (oven) gloves should be used when removing a hot container from the oven.
- Do not use the microwave oven for any purpose not expressly specified in this manual.
- There are no user serviceable parts in your microwave oven. Unauthorised dismantling or servicing will void the product warranty.

**When cooking with your microwave oven:**

- Only use utensils that are suitable for use in microwave ovens.
- When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
- If you use plastic film when re-heating or cooking food use only film designed for microwave ovens and ensure that the film does not touch the food. If necessary, prick the film all over to allow steam to escape.
- Use your microwave oven only to heat food.
- Do not heat oil for frying, or try to fry food in the microwave oven. The oil could catch fire.
- Liquids and other foods must not be heated in sealed containers since they are liable to explode. If covered containers are used, the covers should be loose. Move such containers to and from the oven with care as food may splash and the lid may fall.
- Eggs in their shells (whether raw or cooked), fruits in thick skins and nuts in their shells should not be heated in the microwave as they may explode even after microwave heating has ended.
- Items such as potatoes, sausages and chestnuts must be peeled or pierced thoroughly before cooking.
- The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
- Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
- **Food can burn if overcooked.** If you are unsure about how long to cook a food for, start with a short cooking time, and check the food regularly.
- Clean the inside of your microwave regularly and remove any food deposits.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.

# Electrical Information

Before using this appliance ensure that the voltage of your electricity supply is the same as that indicated on the rating plate of the appliance.

**THIS APPLIANCE MUST BE EARTHED.**

**The disconnect device for this appliance is the mains plug. The mains plug must not be obstructed in any way and must remain readily removeable from the mains supply.**

The appliance cord is terminated with a UK approved mains plug fitted with a 13A fuse. If the fuse needs to be replaced, an ASTA or BSI approved BS1362 fuse rated at 13A must be used.

If you need to change the fuse in a non-rewireable plug, the fuse cover must be fitted. If the fuse cover is lost or damaged the appliance must not be used until a suitable cover is obtained and fitted. It is important that the fuse cover fitted corresponds with the colour marking on the base of the plug.

If you need to change the mains plug, remove the fuse and dispose of the old plug safely immediately after cutting it from the cord.

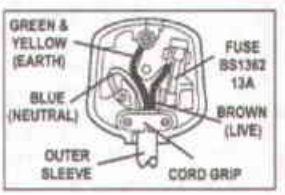
**Connecting a Mains Plug**

The wires in the mains lead are coloured in accordance with the code:

Blue: NEUTRAL, Brown: LIVE, Green & Yellow: EARTH.

As these colours may not correspond to the coloured markings identifying the terminals in your plug, proceed as follows:

- The wire coloured BLUE must be connected to the terminal marked with the letter N or coloured BLUE or BLACK.
- The wire coloured BROWN must be connected to the terminal marked with the letter L or coloured BROWN or RED.
- The wire coloured GREEN & YELLOW must be connected to the terminal marked with the letter E or coloured GREEN or GREEN & YELLOW or marked with the Earth Symbol ⏚



## Introduction

Thank you for purchasing this TESCO microwave oven. Please make sure you read all the instructions and the safety notes carefully and that you familiarise yourself with the features and operation of your oven before use.

IMPORTANT NOTE. This microwave is for normal household use only. It is unsuitable for commercial use.

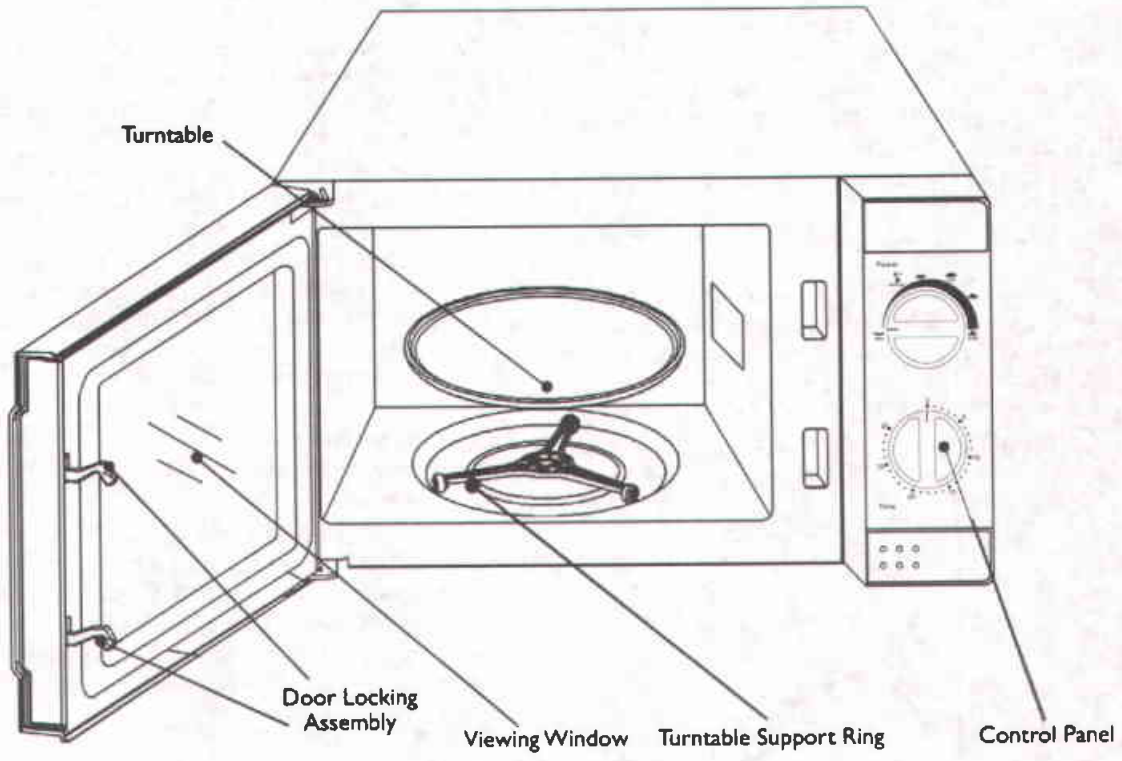
## Unpacking the Microwave Oven

In the box you should find:

- The microwave oven.
- Glass turntable and turntable support ring.

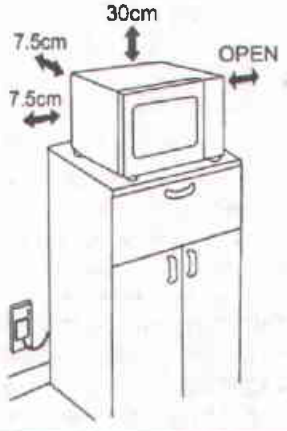
If any items are missing or damaged, contact your nearest Tesco store for assistance. Retain the packaging so you can transport the appliance safely at a later date.

## Your Microwave Oven and Its Components




## Preliminaries

Choose a flat stable work surface away from sources of cold, heat and damp. For good ventilation, the rear and the left side should have a clearance of at least 7.5 cm from the wall, the right side should be open and the free distance above the top should be at least 30 cm.




## Installing the Turntable

- Set the timer to '0'.
- Plug the oven into the wall socket.
- Push the door release to open the door.
- There is a spindle inside the base of the oven. Place the Turntable Support Ring in the recess in the oven and drop it gently onto this spindle through the locating hole in the base.
- There is a flat machined on the internal spindle to hold the ring secure while the oven is operating.. Rotate the ring slightly back and forth until it drops securely into place over the spindle.
- Place the turntable on the support ring with the smooth side uppermost and check that it is central to and properly supported by the ring.
- Close the door.

***Always operate your microwave oven with the turntable assembly properly installed.***

# Your Microwave Oven

## How microwave ovens work

Microwave ovens work by producing high frequency energy which agitates the water molecules in the food which rub together causing heat. This heat cooks the food.

The microwave power output of your oven is 700 watts.

Microwave cooking is very efficient; food cooks quicker than conventional methods. Microwave cooking can also help preserve the minerals and vitamins in many foods.

Because the temperature in a microwave oven is relatively cool (unlike a normal oven) you have to remember that the food can be extremely hot. Always take precautions when handling containers.

Operation of the microwave oven can cause interference to your radio, TV, or similar equipment.

When there is interference, it may be reduced or eliminated by taking the following measures:

1. Clean the door and sealing surface of the oven.
2. Reorient the receiving antenna of the radio or television.
3. Relocate the microwave oven with respect to the receiver.
4. Move the microwave oven away from the receiver.
5. Plug the microwave oven into a different outlet so that the microwave oven and receiver are on different branch circuits.

Suitable and unsuitable containers:

Generally speaking, cooking containers made from porcelain, glass and plastic can be penetrated by microwaves. Ue heat resistant containers suitable for microwave oven use, otherwise there is a risk of shrinking, deforming or burning. Metal containers, or containers having metal decoration or trim are not suitable.

Some basic guidelines are given below:

| | | | | | |
|---|---|---|---|---|---|
| Heat-resistant glass | ✓ | Ordinary glass | ✗ | | |
| Heatproof plastic | ✓ | Ordinary plastic | ✗ | | |
| Microwaveable film | ! | Metal containers | ✗ | | |
| Ceramics | ✓ | Metal Grilles | ✗ | Melamine | ✗ |

Tesco stores stock a wide range of microwave containers and wraps designed for microwave ovens.

! Plastic films should not touch food as they may gas, melt or break down when hot and contaminate food.

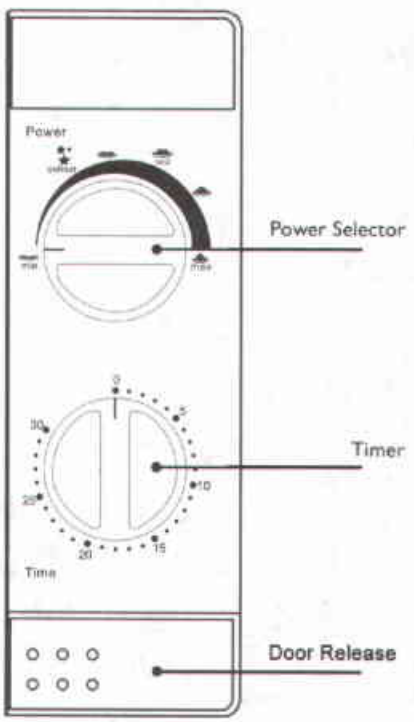
Wax paper, oven cooking bags, parchment paper and white microwave paper towels are safe for microwave use.

Wooden objects may catch fire - so avoid their use.

Aluminium foil should not be used unless the recipe specifically requires its use. Any metal skewers, ties, etc. should be removed from food before cooking.

Avoid containers which narrow at the top as these may cause the contents to erupt when removed from the oven.

# Operation




Open the oven door. When the oven door is open the oven will be switched off. Push the door securely shut to operate the oven.

The Control Panel has two controls:

**The Timer** sets the desired cooking time. The maximum setting is 30 minutes. At the end of the cooking period the timer will set itself to '0', and switch the oven off. The bell will ring and the oven light will extinguish.

**The Power Selector** allows you to set the correct power level for the type of food being cooked. There are six settings:

- Min: (17% power). *Soften ice cream, keep food warm, etc.*
- Defrost: (40% power). *Use for defrosting frozen food.*
- M. Low: (48% power). *Use this for melting butter, etc.*
- Mid: (66% power). *Use this for stews, etc.*
- M. High: (85% power). *Use this for rice, fish, etc.*
- Max: (100% power). *For cooking, boiling water, etc.*

## Using Your Microwave Oven

- Make sure that the turntable and support ring are in the oven and are securely in place.
- Make sure that the timer is set to the '0' position.
- Place your food in a suitable container. Open the door and place the food on the turntable. Make sure the container does not overhang the turntable and that there is ample clearance between the container and the sides and back of the oven interior.
- Switch the oven on at the mains.
- Set the Power selector to the required power level.
- Now set the cooking time according to your recipe. (To set a time of less than 2 minutes, turn the knob to '5' and then turn it back to the required setting).
- The oven will start and the oven light will come on.
- You can stop the operation at any time by opening the oven door. Closing the door will re-start the oven.

***When the set program time has finished:***

- The timer will set itself to '0' and the oven will switch off. The bell will ring indicating cooking has stopped.
- Leave the food to stand for a minute or two before opening the door and removing the food. Your recipe will indicate the appropriate waiting time. As the container may be hot, use oven gloves if needed.
- **Note:** If you end the cooking before the set time period has elapsed, you must return the timer to '0' to prevent the oven running when empty.

## Tips for good cooking

Please read this section in conjunction with the Safety Guide on Page 2.

- Stir liquids and purees before during and after cooking to distribute the heat evenly. Mashed potato will cook more evenly and more thoroughly if lightly covered.
- Never tightly cover food. Always cover it loosely.
- Do not allow plastic film to touch food as it may chemically break down or melt or even catch fire and contaminate the food.
- Arrange food in the dish so that the thicker part is on the outside and the thinner part inside for more even cooking. Fold under the thin edges of fish fillets and tapered foods. Control the shape, e.g. by tying a meat roast into a cylinder, to get more uniform results.
- 6-7 minutes per 500 gr. will cook most diced meat, poultry fruit and vegetables. Seafood takes less time.
- Different foods require different temperatures to cook. Add more minutes as you drop the power.
- Up to 20% of the cooking takes place after the oven turns off so always remember that your food will continue cooking after you've removed it.
- Food that takes an hour in to cook in a regular oven should take around 15 minutes in the microwave.
- Foods with baking powder should stand a few minutes before cooking to allow the leavening agents to work.
- If a recipe calls for milk and water, reduce the water.
- Rotate large items of food occasionally during cooking to encourage even heat distribution.
- Food cooks best and reheats better in a round dish or a dish with curved sides.
- Salt attracts microwaves. Don't just sprinkle it on food before cooking, stir it in or add it later.
- Meat and poultry bones conduct heat, so the areas around them will cook faster than the rest. Insert a microwave meat thermometer into the thickest part of the flesh away from any bone for accurate readings.
- To ensure better distribution of heat when cooking large pieces of meat in the microwave, remove the bone, cook on Medium power (66%) for longer periods of time, and rotate twice during cooking.
- Stuffing inside poultry does not have an opportunity to completely cook, because the meat outside is heated quickly. Stuffing for poultry should be cooked before hand and inserted later.
- Fats and sugars attract microwaves - thoroughly mix sugar with other ingredients. Care should be taken when cooking foods with high sugar or fat contents as they can reach very high temperatures.
- Handle pastry-wrapped foods like mince pies carefully as the filling gets hotter than the pastry.

Hints for reheating food

- Heat leftovers and pre-cooked food to at least 70°C. Food should be hot and steaming before it is served.
- When re-heating liquids such as meat stews see that the liquid boils for around 3-5 minutes to ensure the pieces of meat are completely heated through.

Hints for defrosting

- Only defrost food in the microwave if you plan to cook the food immediately after it has thawed. Some areas of the food may begin to cook during defrosting, which can allow bacteria can flourish.
- Remove the food from the wrapping, place it on a microwave safe dish. Rotate and re-arrange food during defrosting. Where appropriate, stir the food and if possible, separate the food items and remove those which have already defrosted.

Steam and Smoke

- Steam is a natural product of microwave cooking. It escapes from the vents in the top and rear of the appliance. These vents should never be blocked.
- Steam may condense in and around the oven during cooking and should be dried off after use.
- If during cooking, smoke starts to come from the oven do NOT open the oven door! Immediately switch off at the mains, unplug the oven and wait for the smoke to completely subside and the oven to fully cool down before removing the food.
- Before you use your microwave oven again, consult a service technician and have the oven tested.

Testing Your Oven

Place a cup of water in the oven and heat it on full power for 2 minutes. If the water gets hot the oven is working.

APPROXIMATE COOKING TIMES FOR MEAT (ON FULL POWER)

| Item | Weight | Temp. | Cooking Time |
|---|---|---|---|
| Boneless rolled rump of beef (medium) | 1.8-2.5 kg | 70°C | 7-8 minutes per 450 g |
| Boneless rolled rump of beef (well done) | 1.8-2.5 kg | 78°C | 8-9 minutes per 450 g |
| Hamburgers (rare) | 4 (qty.) | | 4 minutes |
| Sirloin Steak (rare -med. rare) | 450 g | | 5-7 minutes per 450 g |
| Boneless loin of pork, | 1.4-2.2 kg | 78°C | 9-10 minutes per 450 g |
| Leg of lamb (well done) | 1.8-2.2 kg | 80°C | 7-8 minutes per 450 g |
| Minced Beef (cook lightly covered) | 450g | | 5 minutes per 450 g |
| Chicken (whole) | 1 kg | 80°C | 6-7 minutes per 450 g |

Joints should be checked with a meat thermometer to check the internal temperature of the meat after the minimum cooking time has elapsed. Remove roasts when they are 8°C below the required temperature. They should be left to stand (ideally wrapped in foil) for at least 20 minutes during which time the internal temperature will rise.

Cut into hamburgers chops and steaks to check them and note the colour of the meat. Leave to stand for 5 minutes before serving them. Minced meat should be left to stand for 2-3 minutes.

Browning

Meat will not brown fully in a microwave oven because the surface never reaches the required temperature. To brown joints they should be placed in a pre-heated conventional oven or grill for a few minutes to finish cooking.

APPROXIMATE COOKING TIMES FOR FISH (ON FULL POWER)

| Item | Weight | CookingTime | StandingTime |
|---|---|---|---|
| Cod fillets | 450g | 3-4 minutes | 4-10 minutes |
| Cod steaks | 225g | 3-4 minutes | 4-10 minutes |
| Haddock fillets | 225g | 3-4 minutes | 4-10 minutes |
| Kipper fillets | 450g | 3.4 minutes | 4-6 minutes |
| Plaice fillets | 225g | 3-4 minutes | 6-8 minutes |
| Trout (2 fish, gutted but whole) turn fish over half way through | | | 4-6 minutes |

The times given above are approximate and should be adjusted to suit portion sizes and individual taste. The average cooking time for fish is around 4 minutes per 450 g (1 lb). The fish should be lightly covered during the standing period.

Is it cooked?

- Temperature should reach 70° C for meat, fish and eggs.
- Poultry white meat should reach 77° C.
- Poultry dark meat should reach 80° C.
- Juices from meat and poultry should never be pink.
- Poultry thigh joints should move easily.
- Fish should be opaque and flake easily.

APPROXIMATE COOKING TIMES FOR FRESH VEGETABLES (ON FULL POWER)

| Item | Weight | Added water | CookingTime |
|---|---|---|---|
| Aubergines (peeled and diced) | 450g | 30-40 ml | 5-6 minutes |
| Broccoli (trimmed and sliced into spears) | 225g | 50 ml | 4-5 minutes |
| Brussels Sprouts(peeled) | 225g | 50 ml | 6-8 minutes |
| Carrots (diced) | 225g | 30 ml | 6-8 minutes |
| Cauliflower (in florets) | 450g | 50-60 ml | 8-10 minutes |
| Courgettes (diced or sliced) | 450g | 10 ml | 6-8 minutes |
| Peas (removed from pods) | 225g | 40-50 ml | 5-6 minutes |
| Potatoes, jacket ( 2, scrubbed and pierced all round) | 225g | None | 8-9 minutes |
| Potatoes, (in 40mm pieces) | 450 g | 40-50 ml | 7-8 minutes |
| Spinach (shredded) | 225g | None | 4-5 minutes |

The times given above are approximate and should be adjusted to suit quantities, portion sizes and individual taste. The average cooking time for vegetables is around 6 minutes per 450 g (1 lb). When adding salt, mix it with the water or add it after cooking.

To cook vegetables: Mix them with the water in a ceramic curved bottomed bowl and cover lightly. After cooking leave the vegetables to stand for 2-3 minutes before straining (if necessary) and serving.

## Cleaning and Care

These steps should be taken after every use.

- Disconnect the power supply and wait for the appliance to completely cool down.
- Remove the turntable support ring and the turntable and wash then in warm soapy water.
- Clean the oven cavity, the outer edge of the cavity, and the oven door with water and a mild detergent. A special microwave oven cleaner is not necessary. Do not use scouring pads, or other abrasives.
- Wipe the outer surfaces and control panel with a damp soft cloth.
- If liquids have been splashed on the wall of the oven cavity, they must be fully removed otherwise smoke may occur when the appliance is next used.
- If the cavity emits odours, boil a cup of water with a squeeze of lemon juice for 5-7 min. to remove them.
- Dry all parts thoroughly and replace them.

TESCO

Tesco Stores Ltd,
Delamare Road, Cheshunt, Herts, EN8 9SL

## Warranty

Your TESCO appliance is covered by a warranty for 12 months from the date of purchase. If a fault develops during this period, please return your complete product to a Tesco store with your proof of purchase.

For spares, accessories or assistance, please call our Tesco Electrical Helpline on 0845 601 2549.

This warranty in no way affects your consumer rights.

## Specifications

| | |
|---|---|
| Model No. | MMS07 |
| Mains Voltage | 230V-240V AC, 50 Hz |
| Mains Power | 1200W |
| Oven Capacity | 17 Litres |
| Microwave Output | 700Watts |
| Microwave Frequency | 2,450 MHz |
| Net weight | 11.3kg |

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THIS APPLIANCE MUST BE EARTHED

UK: Waste electrical products /batteries should not be disposed of with household waste. Separate disposal facilities exist, for your nearest facilities, see www.recycle-more.co.uk or in-store for details.

ROI: Produced after 13th August 2005. Waste electrical products/batteries should not be disposed of with household waste. Please recycle where facilities exist. Check with your Local Authority or retailer for recycling advice